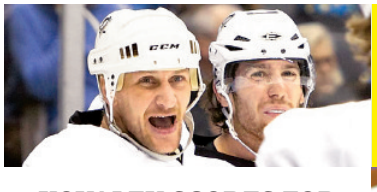

KOVALEV SCORES FOR PITTSBURGH
FORMER SEN DOING HIS PART FOR PENS {page 25}

PIZZA WITH A PEPPERY TWIST
TOP YOUR PIE WITH ARUGULA, BASIL {page 20}

BIG BUCKS
BIDS BOOMING FOR BIEBER'S HAIR
DISH {page 17}

OTTAWA metro®
Monday, February 28, 2011
www.metronews.ca
News worth sharing.

Oscars

▶ Natalie Portman accepts the award for best performance by an actress in a leading role for Black Swan during the 83rd annual Academy Awards last night at the Kodak Theatre in Hollywood, Calif. More coverage, page 14.

KEVIN WINTER/GETTY IMAGES

Portman crowned best actress

Colin Firth is official Hollywood royalty: He has won the best-actor Academy Award as stammering monarch George VI in The King's Speech, which led with 12 nominations. It also won three other Oscars last night: best picture, best director for Tom Hooper and best original screenplay for David Seidler, a boyhood stutterer who was inspired by the British ruler's struggle to overcome his own stammer.

Ghost road haunts residents

City plan would see $5 million spent in 2011, $50 million in 2012 Plan calls for four-lane tunnel under CN rail line and bridge over Riverside Drive

SEAN MCKIBBON
@METRONEWS.CA

A $55-million plan by the city to punch a road though undeveloped green space between Riverside Drive and the Ottawa Hospital's General Campus ring road has upset some residents of a neighbourhood just north of the hospital.

"I like that in two minutes' walk I can be out of the city and in a forest," said Bryan Beecham, one of a number of Riverview Park residents opposed to the plan. Beecham and others say the plan contained in the city's draft budget is too costly, destroys green space and will only contribute to congestion. They also charge it's just the first step in a long-discussed plan to build a major north-south transportation corridor from Conroy Road to Nicholas Street.

The city's proposal, contained in a draft 2011 transportation budget, doesn't go that far and says that the plan will allow better access for transit to the hospital and will reduce traffic volumes on Alta Vista Drive.

"If this plan was for light rail my position would be very different," said Beecham.

Beecham and other opponents have written a protest song called Ghost Road that they have posted to www.noroad.ca and will protesting on Alta Vista Drive tomorrow.

SEAN MCKIBBON/METRO

"It's hard to put dollars and cents on the value of not building something."
BRYAN BEECHAM

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Old Spice

Using power of yoga to heal pain

When Jenny Hopkins was thrown from her bike last year and shattered her arm and broke her pelvis, it was yoga that helped her deal with the pain and healing process.

"Yoga is an integral part of my exercise routine," the 31-year-old triathlete told participants in a yoga fundraiser for arthritis and auto-immune-disease research.

Hopkins, who says she was the first person diagnosed with multiple sclerosis to finish an Ironman triathlon, also suffers from myasthenia gravis, lupus and celiac disease. Yesterday at the fundraiser, held at the Ottawa Montessori School, Hopkins said many people suffer auto-immune diseases in silence. Hopkins and yoga instructors at the event said yoga is a good form of exercise for arthritis sufferers as it can be adjusted to fit peoples' disabilities, while promoting flexibility and reducing stress. Similar events were staged in cities across Canada. Although it's only the second year the event has been held in Ottawa, the Power of Motion is in its fifth year in Canada. Organizers say it has raised $700,000 over those five years.

SEAN MCKIBBON

SEAN MCKIBBON/METRO

▶ Jenny Hopkins and other Power of Motion participants begin with a grounding exercise and meditation.

Volunteering to change a youth's life

Mentoring organization reduces truancy, delinquency, substance abuse in youth aged 6-17

JOE LOFARO
@METRONEWS.CA

For the past 11 years, Linda Graupner has been volunteering her time as a Big Sister to make a difference in a youth's life.

"I've just always believed that children deserve to live in a happy, safe environment, and not every child is lucky enough to have that home-environment upbringing," said the Big Brothers Big Sisters Ottawa volunteer. She is now a Big Sister to 16-year-old Christina Baise, who is being raised by her grandparents, both of whom have disabilities. Getting out can be difficult for Baise, so she and Graupner get together at least once a week for bike rides, shopping sprees, and walks downtown. "I took her to Montreal one day on the train and saw the sights, (since) she had never been there before," said Graupner.

"I get the satisfaction of seeing that you really can change somebody's life just by showing that you care."
LINDA GRAUPNER, VOLUNTEER

Yesterday they participated in the BBBS Ottawa fundraiser at the Walkley Bowling Centre. Organizers said they have raised $30,000 from the community and corporate sponsors. The money will support youth mentoring programs, matching "Bigs" with "Littles," and recruiting new Bigs. "When they're matched, they make better decisions and they have someone to talk to if they need to," said BBBS Ottawa executive director Robert Eves.

JOE LOFARO /METRO

▶ Big Sister Linda Graupner cheers on Christina Baise, 16, as she bowls at the Walkley Bowling Centre, where Big Brothers Big Sisters held a fundraising event yesterday.

Dog rescued from blaze

An Ottawa family was reunited with their four-legged companion after a fire ravaged their home early this morning.

Ottawa firefighters pulled a Yorkshire Terrier out of the smokey two-storey house on Kochar Drive where he had been trapped.

Fire officials say the couple and their two pre-teen children were asleep when the fire broke out.

They were woken by the sound of breaking glass and the smoke alarm, and immediately ran outside.

The fire is believed to have started on the porch before spreading into the house. No injuries have been reported and the cause of the blaze is still under investigation.

THE CANADIAN PRESS

News in brief

Shooting puts two in hospital

DISTURBANCE. The guns and gangs unit is investigating a double shooting and stabbing in Vanier that put two males in hospital early Saturday morning. Police responded to a disturbance on the 100 block of Montreal Road at about 3:15 a.m. Both victims are in serious but stable condition with non-life-threatening injuries. METRO

Collision closes lane on highway

TRAFFIC. A three-car collision on Highway 417 at Belfast sent four people to hospital and closed all but one lane of the highway yesterday afternoon. A 23-year-old man, a 40-year-old woman and a 44-year-old woman were listed in stable condition. METRO

Man stabbed in bicep

STABLE. A 38-year-old man was listed in stable condition after he was stabbed in the city's east end yesterday afternoon. Paramedics responded to a call on the 400 block of Bangs Street at 4:57 p.m. and treated the victim for a stab wound to his left bicep and some superficial cuts. METRO

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Guidy Mamann crunches the numbers on which federal party is more 'pro-immigrant.' More at metronews.ca/immigration

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This Week In Irony: Cookie sales banned outside Girl Guide founder's home. Scan for code for story.

Expected clash between rebels, Libyan forces

Gadhafi's son denies that regime used force against its own people ◐ 'It is time for Gadhafi to go': Obama

Hundreds of armed anti-government forces backed by rebel troops who control the city closest to the capital Tripoli prepared yesterday to repel an expected offensive by forces loyal to Moammar Gadhafi surrounding Zawiya.

The Gadhafi regime, eager to show foreign reporters that the country is calm and under their control, took visiting journalists to Zawiya, 50 kilometres west of Tripoli. But an Associated Press reporter on the tour confirmed the anti-government rebels are in control of the centre of the city of 200,000. They have army tanks and anti-aircraft guns mounted on pickup trucks deployed.

On the outskirts of the city, however, they are surrounded by pro-Gadhafi forces, also backed by tanks and anti-aircraft guns.

Gadhafi has launched by far the bloodiest crackdown in a wave of anti-regime uprising sweeping the Arab world. The United States, Britain and the UN Security Council all imposed sanctions on Libya over the weekend. Human rights groups and European officials have put the death toll at hundreds, or even thousands. THE ASSOCIATED PRESS

Sanctions

- Canada joined the United Nations and a number of Western countries in slapping sanctions against Libya following the deadly crackdown on protesters.
- But Canada decided to go beyond the sanctions announced Saturday by the United Nations Security Council, Prime Minister Stephen Harper said yesterday.
- Canada imposed an asset freeze and prohibit financial transactions with the government of Libya, its institutions and agencies, and the Libyan Central Bank

HALYNA KOLOTNYTSKA'S FAMILY ARCHIVE/THE ASSOCIATED PRESS

▶ Libyan dictator Moammar Gadhafi's nurse Halyna Kolotnytska poses for a photo in this undated photo from the Kolotnytska family archive.

Gadhafi's nurse latest to bail

Libyan dictator Moammar Gadhafi was ditched by yet another close confidant yesterday — the Ukrainian nurse thought to have a close relationship with the leader.

A U.S. diplomatic cable released last year claimed the eccentric 68-year-old leader is deeply attached to Halyna Kolotnytska, 38, one of four Ukrainian nurses that take care of him.

The cable published by WikiLeaks described her as a "voluptuous blond" who always travels with Gadhafi as only she "knows his routine." THE ASSOCIATED PRESS

122

Halyna Kolotnytska arrived in Kyiv, Ukraine, in the early hours yesterday on a plane that evacuated 122 Ukrainians and 68 foreign nationals from the violence-torn country.

Next up – Wills and Kate

Was it a dress rehearsal for Kate Middleton's sister and Prince Harry's on-again, off-again girlfriend?

Pippa Middleton, 27, the princess-to-be's maid of honour, and Chelsy Davy were photographed at the swanky castle wedding for Lady Katie Percy and financier Patrick Valentine.

Prince William and his fiancée were thought to be on the guest list, but the couple didn't attend Saturday, disappointing a posse of photographers.

Some of the royal couple's friends did attend — including 3-year-old Grace van Cutsem, a godchild of William's who will be one of the bridesmaids for his April 29 wedding at Westminster Abbey.

Saturday's wedding reception was held at Alnwick Castle, better known as the setting for wizard school Hogwarts in the Harry Potter movies. THE ASSOCIATED PRESS

SCOTT HEPPELL/THE ASSOCIATED PRESS

▶ Pippa Middleton, sister of Kate Middleton, arrives at the wedding of the Duke and Duchess of Northumberland's eldest daughter Lady Katie Percy.

ROYAL COUPLE

A visit to where romance began

They met here. They fell in love here. And when Prince William and Kate Middleton made a sentimental return to their college town, they were once again embraced by the locals who had fiercely defended their privacy.

Thousands lined the cobblestoned streets of St. Andrews in Scotland on Friday, in hope of catching a glimpse of the royal couple.

The couple, who will wed April 29 at London's Westminster Abbey, travelled to St. Andrews to help their alma mater kick off a two-year celebration of its 600th anniversary.

It was only their third public appearance since announcing their engagement in November. THE ASSOCIATED PRESS

Canadian missing in Afghanistan

The Canadian government says one of its citizens visiting Afghanistan as a tourist is missing.

A Department of Foreign Affairs spokesman identified the missing man as Colin Rutherford.

In a statement yesterday, Emmanuelle Lamoureux, deputy director of media relations for the Ministry of Foreign Affairs and International Trade, says that Canadian officials are working with Afghan authorities to assist the family to secure the safe release of their citizen.

The Taliban says in a statement to the media that it is holding a Canadian whom they seized in the city of Gazni, southwest of the capital.

The Canadian government says it strongly advises against all travel to Afghanistan.

A news release purportedly from Taliban was issued early yesterday saying the insurgents have captured a Canadian man in Ghazni province.

The claim was reported in the Afghan media. THE ASSOCIATED PRESS

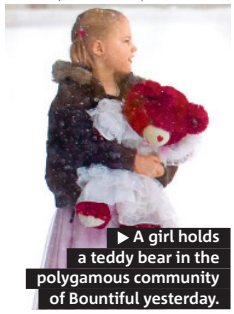
Polygamous leader says claims are disturbing

One of two leaders within the polygamous commune of Bountiful, B.C., says allegations that eight underage girls from the community, including two 12-year-olds, were married off to American men are disturbing and should be investigated.

Winston Blackmore leads one of two divided factions within Bountiful, and the marriages in question appear to focus on the other side of the community, believed to be led by James Oler.

Blackmore tells The Canadian Press he only heard about the allegations but he thinks they should be looked into. THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS



▶ A girl holds a teddy bear in the polygamous community of Bountiful yesterday.

Family to appeal breathing-tube case

The family of a terminally ill Ontario infant will be appealing a judge's ruling that they must consent to the removal of a breathing tube that is keeping the baby alive.

A friend of the family of Joseph Maraachli says no agreement has been reached between the family and the London Health Sciences Centre regarding the 13-month-old.

Alex Schadenberg said last week that the hospital had agreed to look for a compromise with the parents of baby Joseph.

Joseph suffers from a severe and worsening neurological condition and has been in the London hospital since October 2010.

His parents want doctors to perform a tracheotomy that would allow Joseph to live out his remaining days at his Windsor home.

The hospital announced Saturday that it had become the target of multiple threats over the intention to remove the baby's breathing tube. THE CANADIAN PRESS

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Alternatively, the $1,000 manufacturer-to-dealer Customize Your Ride Event credit (tax exclusive) and Aveo) may be applied to the vehicle purchase price. Customers may choose between Option A: $1,000 Customize Your Ride Event credit (tax exclusive) or Option B: 2.9% for 48 months‡ on the purchase of genuine GM Accessories and Options. Installation not included. Alternatively, the $1,000 manufacturer-to-dealer Customize Your Ride Event credit (tax exclusive) may be applied to the vehicle purchase price. Example: $1,000 Customize Your Ride Event credit (tax exclusive) on 2011 Chevrolet Cruze LS+ 1SA/1SD/1SF/1SH/1SJ/1SK/1SL/1SM/1SN/1SP/1SR/1SS/1ST/1SU/1SV/1SW/1SX/1SY/1SZ/1TA/1TB/1TC/1TD/1TE/1TF/1TG/1TH/1TJ/1TK/1TL/1TM/1TN/1TP/1TR/1TS/1TT/1TU/1TV/1TW/1TX/1TY/1TZ/1UA/1UB/1UC/1UD/1UE/1UF/1UG/1UH/1UJ/1UK/1UL/1UM/1UN/1UP/1UR/1US/1UT/1UU/1UV/1UW/1UX/1UY/1UZ/1VA/1VB/1VC/1VD/1VE/1VF/1VG/1VH/1VJ/1VK/1VL/1VM/1VN/1VP/1VR/1VS/1VT/1VU/1VV/1VW/1VX/1VY/1VZ/1WA/1WB/1WC/1WD/1WE/1WF/1WG/1WH/1WJ/1WK/1WL/1WM/1WN/1WP/1WR/1WS/1WT/1WU/1WV/1WW/1WX/1WY/1WZ/1XA/1XB/1XC/1XD/1XE/1XF/1XG/1XH/1XJ/1XK/1XL/1XM/1XN/1XP/1XR/1XS/1XT/1XU/1XV/1XW/1XX/1XY/1XZ/1YA/1YB/1YC/1YD/1YE/1YF/1YG/1YH/1YJ/1YK/1YL/1YM/1YN/1YP/1YR/1YS/1YT/1YU/1YV/1YW/1YX/1YY/1YZ/1ZA/1ZB/1ZC/1ZD/1ZE/1ZF/1ZG/1ZH/1ZJ/1ZK/1ZL/1ZM/1ZN/1ZP/1ZR/1ZS/1ZT/1ZU/1ZV/1ZW/1ZX/1ZY/1ZZ/2AA/2AB/2AC/2AD/2AE/2AF/2AG/2AH/2AJ/2AK/2AL/2AM/2AN/2AP/2AR/2AS/2AT/2AU/2AV/2AW/2AX/2AY/2AZ/2BA/2BB/2BC/2BD/2BE/2BF/2BG/2BH/2BJ/2BK/2BL/2BM/2BN/2BP/2BR/2BS/2BT/2BU/2BV/2BW/2BX/2BY/2BZ/2CA/2CB/2CC/2CD/2CE/2CF/2CG/2CH/2CJ/2CK/2CL/2CM/2CN/2CP/2CR/2CS/2CT/2CU/2CV/2CW/2CX/2CY/2CZ/2DA/2DB/2DC/2DD/2DE/2DF/2DG/2DH/2DJ/2DK/2DL/2DM/2DN/2DP/2DR/2DS/2DT/2DU/2DV/2DW/2DX/2DY/2DZ/2EA/2EB/2EC/2ED/2EE/2EF/2EG/2EH/2EJ/2EK/2EL/2EM/2EN/2EP/2ER/2ES/2ET/2EU/2EV/2EW/2EX/2EY/2EZ/2FA/2FB/2FC/2FD/2FE/2FF/2FG/2FH/2FJ/2FK/2FL/2FM/2FN/2FP/2FR/2FS/2FT/2FU/2FV/2FW/2FX/2FY/2FZ/2GA/2GB/2GC/2GD/2GE/2GF/2GG/2GH/2GJ/2GK/2GL/2GM/2GN/2GP/2GR/2GS/2GT/2GU/2GV/2GW/2GX/2GY/2GZ/2HA/2HB/2HC/2HD/2HE/2HF/2HG/2HH/2HJ/2HK/2HL/2HM/2HN/2HP/2HR/2HS/2HT/2HU/2HV/2HW/2HX/2HY/2HZ/2JA/2JB/2JC/2JD/2JE/2JF/2JG/2JH/2JJ/2JK/2JL/2JM/2JN/2JP/2JR/2JS/2JT/2JU/2JV/2JW/2JX/2JY/2JZ/2KA/2KB/2KC/2KD/2KE/2KF/2KG/2KH/2KJ/2KK/2KL/2KM/2KN/2KP/2KR/2KS/2KT/2KU/2KV/2KW/2KX/2KY/2KZ/2LA/2LB/2LC/2LD/2LE/2LF/2LG/2LH/2LJ/2LK/2LL/2LM/2LN/2LP/2LR/2LS/2LT/2LU/2LV/2LW/2LX/2LY/2LZ/2MA/2MB/2MC/2MD/2ME/2MF/2MG/2MH/2MJ/2MK/2ML/2MM/2MN/2MP/2MR/2MS/2MT/2MU/2MV/2MW/2MX/2MY/2MZ/2NA/2NB/2NC/2ND/2NE/2NF/2NG/2NH/2NJ/2NK/2NL/2NM/2NN/2NP/2NR/2NS/2NT/2NU/2NV/2NW/2NX/2NY/2NZ/2PA/2PB/2PC/2PD/2PE/2PF/2PG/2PH/2PJ/2PK/2PL/2PM/2PN/2PP/2PR/2PS/2PT/2PU/2PV/2PW/2PX/2PY/2PZ/2RA/2RB/2RC/2RD/2RE/2RF/2RG/2RH/2RJ/2RK/2RL/2RM/2RN/2RP/2RR/2RS/2RT/2RU/2RV/2RW/2RX/2RY/2RZ/2SA/2SB/2SC/2SD/2SE/2SF/2SG/2SH/2SJ/2SK/2SL/2SM/2SN/2SP/2SR/2SS/2ST/2SU/2SV/2SW/2SX/2SY/2SZ/2TA/2TB/2TC/2TD/2TE/2TF/2TG/2TH/2TJ/2TK/2TL/2TM/2TN/2TP/2TR/2TS/2TT/2TU/2TV/2TW/2TX/2TY/2TZ/2UA/2UB/2UC/2UD/2UE/2UF/2UG/2UH/2UJ/2UK/2UL/2UM/2UN/2UP/2UR/2US/2UT/2UU/2UV/2UW/2UX/2UY/2UZ/2VA/2VB/2VC/2VD/2VE/2VF/2VG/2VH/2VJ/2VK/2VL/2VM/2VN/2VP/2VR/2VS/2VT/2VU/2VV/2VW/2VX/2VY/2VZ/2WA/2WB/2WC/2WD/2WE/2WF/2WG/2WH/2WJ/2WK/2WL/2WM/2WN/2WP/2WR/2WS/2WT/2WU/2WV/2WW/2WX/2WY/2WZ/2XA/2XB/2XC/2XD/2XE/2XF/2XG/2XH/2XJ/2XK/2XL/2XM/2XN/2XP/2XR/2XS/2XT/2XU/2XV/2XW/2XX/2XY/2XZ/2YA/2YB/2YC/2YD/2YE/2YF/2YG/2YH/2YJ/2YK/2YL/2YM/2YN/2YP/2YR/2YS/2YT/2YU/2YV/2YW/2YX/2YY/2YZ/2ZA/2ZB/2ZC/2ZD/2ZE/2ZF/2ZG/2ZH/2ZJ/2ZK/2ZL/2ZM/2ZN/2ZP/2ZR/2ZS/2ZT/2ZU/2ZV/2ZW/2ZX/2ZY/2ZZ/3AA/3AB/3AC/3AD/3AE/3AF/3AG/3AH/3AJ/3AK/3AL/3AM/3AN/3AP/3AR/3AS/3AT/3AU/3AV/3AW/3AX/3AY/3AZ/3BA/3BB/3BC/3BD/3BE/3BF/3BG/3BH/3BJ/3BK/3BL/3BM/3BN/3BP/3BR/3BS/3BT/3BU/3BV/3BW/3BX/3BY/3BZ/3CA/3CB/3CC/3CD/3CE/3CF/3CG/3CH/3CJ/3CK/3CL/3CM/3CN/3CP/3CR/3CS/3CT/3CU/3CV/3CW/3CX/3CY/3CZ/3DA/3DB/3DC/3DD/3DE/3DF/3DG/3DH/3DJ/3DK/3DL/3DM/3DN/3DP/3DR/3DS/3DT/3DU/3DV/3DW/3DX/3DY/3DZ/3EA/3EB/3EC/3ED/3EE/3EF/3EG/3EH/3EJ/3EK/3EL/3EM/3EN/3EP/3ER/3ES/3ET/3EU/3EV/3EW/3EX/3EY/3EZ/3FA/3FB/3FC/3FD/3FE/3FF/3FG/3FH/3FJ/3FK/3FL/3FM/3FN/3FP/3FR/3FS/3FT/3FU/3FV/3FW/3FX/3FY/3FZ/3GA/3GB/3GC/3GD/3GE/3GF/3GG/3GH/3GJ/3GK/3GL/3GM/3GN/3GP/3GR/3GS/3GT/3GU/3GV/3GW/3GX/3GY/3GZ/3HA/3HB/3HC/3HD/3HE/3HF/3HG/3HH/3HJ/3HK/3HL/3HM/3HN/3HP/3HR/3HS/3HT/3HU/3HV/3HW/3HX/3HY/3HZ/3JA/3JB/3JC/3JD/3JE/3JF/3JG/3JH/3JJ/3JK/3JL/3JM/3JN/3JP/3JR/3JS/3JT/3JU/3JV/3JW/3JX/3JY/3JZ/3KA/3KB/3KC/3KD/3KE/3KF/3KG/3KH/3KJ/3KK/3KL/3KM/3KN/3KP/3KR/3KS/3KT/3KU/3KV/3KW/3KX/3KY/3KZ/3LA/3LB/3LC/3LD/3LE/3LF/3LG/3LH/3LJ/3LK/3LL/3LM/3LN/3LP/3LR/3LS/3LT/3LU/3LV/3LW/3LX/3LY/3LZ/3MA/3MB/3MC/3MD/3ME/3MF/3MG/3MH/3MJ/3MK/3ML/3MM/3MN/3MP/3MR/3MS/3MT/3MU/3MV/3MW/3MX/3MY/3MZ/3NA/3NB/3NC/3ND/3NE/3NF/3NG/3NH/3NJ/3NK/3NL/3NM/3NN/3NP/3NR/3NS/3NT/3NU/3NV/3NW/3NX/3NY/3NZ/3PA/3PB/3PC/3PD/3PE/3PF/3PG/3PH/3PJ/3PK/3PL/3PM/3PN/3PP/3PR/3PS/3PT/3PU/3PV/3PW/3PX/3PY/3PZ/3RA/3RB/3RC/3RD/3RE/3RF/3RG/3RH/3RJ/3RK/3RL/3RM/3RN/3RP/3RR/3RS/3RT/3RU/3RV/3RW/3RX/3RY/3RZ/3SA/3SB/3SC/3SD/3SE/3SF/3SG/3SH/3SJ/3SK/3SL/3SM/3SN/3SP/3SR/3SS/3ST/3SU/3SV/3SW/3SX/3SY/3SZ/3TA/3TB/3TC/3TD/3TE/3TF/3TG/3TH/3TJ/3TK/3TL/3TM/3TN/3TP/3TR/3TS/3TT/3TU/3TV/3TW/3TX/3TY/3TZ/3UA/3UB/3UC/3UD/3UE/3UF/3UG/3UH/3UJ/3UK/3UL/3UM/3UN/3UP/3UR/3US/3UT/3UU/3UV/3UW/3UX/3UY/3UZ/3VA/3VB/3VC/3VD/3VE/3VF/3VG/3VH/3VJ/3VK/3VL/3VM/3VN/3VP/3VR/3VS/3VT/3VU/3VV/3VW/3VX/3VY/3VZ/3WA/3WB/3WC/3WD/3WE/3WF/3WG/3WH/3WJ/3WK/3WL/3WM/3WN/3WP/3WR/3WS/3WT/3WU/3WV/3WW/3WX/3WY/3WZ/3XA/3XB/3XC/3XD/3XE/3XF/3XG/3XH/3XJ/3XK/3XL/3XM/3XN/3XP/3XR/3XS/3XT/3XU/3XV/3XW/3XX/3XY/3XZ/3YA/3YB/3YC/3YD/3YE/3YF/3YG/3YH/3YJ/3YK/3YL/3YM/3YN/3YP/3YR/3YS/3YT/3YU/3YV/3YW/3YX/3YY/3YZ/3ZA/3ZB/3ZC/3ZD/3ZE/3ZF/3ZG/3ZH/3ZJ/3ZK/3ZL/3ZM/3ZN/3ZP/3ZR/3ZS/3ZT/3ZU/3ZV/3ZW/3ZX/3ZY/3ZZ/4AA/4AB/4AC/4AD/4AE/4AF/4AG/4AH/4AJ/4AK/4AL/4AM/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Former cult leader dies in prison wrangle

- 'Moses' Theriault led notorious sect in the 1980s
- Had maniacal streak that triggered brutal violence

Former cult leader Roch "Moses" Theriault was found dead in his cell at the correctional centre in Dorchester, N.B.

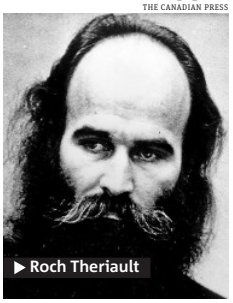
RCMP say Theriault, 63, was involved in an altercation early Saturday morning and died as a result of his injuries.

Police are calling his death a homicide and have launched a murder investigation.

A 59-year-old inmate at the penitentiary was arrested in connection with the incident and was later released back into the prisoner population.

Theriault founded and led a notorious sect in the 1980s. It was first established in two Quebec towns, Sainte-Marie-de-Beauce and Saint-Jogues, then finally in Burnt River, Ont.

THE CANADIAN PRESS



▶ Roch Theriault

The charismatic Theriault, who wanted to be called Moses, was brilliant at manipulating both the legal system and vulnerable individuals.

He was sentenced to life in prison in 1993 for the gruesome murder of his wife Solange Boilard, disembowelling her with a kitchen knife as part of a cult ritual.

Theriault was engaged in physical and sexual abuse of members of the cult, including the amputation of the hand of one woman, Gabrielle Lavallee.

A television movie about his bizarre cult, which was modelled on Old Testament themes, was titled Savage Messiah.

THE CANADIAN PRESS

Canadian arrested for Nazi gesture in Berlin

European media reports say a Canadian tourist has been arrested in Berlin after making a Nazi salute in front of Germany's parliament.

Britain's Daily Mail newspaper reports a 30-year-old man from Quebec was standing on the steps of the Reichstag with his right arm raised in Hitler's infamous salute as his girlfriend photographed him.

The newspaper says police arrived within seconds, handcuffed the man and took the memory card of the camera.

He risks being formally charged with making a forbidden gesture, which could result in him being jailed for up to six months.

THE CANADIAN PRESS

Forbidden

Displaying any gestures or symbols of the old Nazi regime is considered a serious crime in modern-day Germany.

MARK BAKER/THE ASSOCIATED PRESS

▶ Anglican Rev. Neil Struthers stands amongst the rubble of his Holy Trinity church in Lyttelton, New Zealand, yesterday.

QUAKE LEAVES PEOPLE WONDERING 'WHY?'

Parishioners came together yesterday in parks and on the lawns of churches broken in New Zealand's earthquake to pray for the dead and missing. They sought togetherness and an answer to the question on everyone's mind: Why?

"The randomness of the events throws up the 'why' question more starkly," the Rev. Mark Chamberlain told about 100 people who came to hear his sermon outside St. Barnabas Anglican Church, where jagged cracks line the walls, stained glass windows are shattered and the tower is sinking.

The official death toll from the quake remained at 148 early today, with more than 50 people still unaccounted for, Christchurch police Insp. Russell Gibson said.

The death toll was expected to rise during the day as search teams uncover more bodies in the debris.

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China shuts out revolt

In the Arab world, dissent erupts — while in China, civil opposition is proving more hazardous Heavy police presence in Beijing meets small signs of protest

JORDAN POUILLE
@METRO.LU
METRO WORLD NEWS IN BEIJING

Yesterday in China witnessed a fresh attempt by activists in 18 cities to rally the people for justice and equality in a movement of civil dissent akin to the events in the Arab world.

In Shanghai, at least seven people were arrested after police quelled anti-government protests. Meanwhile, in Beijing, I witnessed how city authorities reacted to signs of civil opposition.

In the Wangfujing shopping district downtown, one metro station away from Tiananmen Square, construction barriers were in place since Friday on a street activists had planned to demonstrate. By yesterday, Wangfujing had morphed into something that looked more like a massive police station. There were already more police than regular shoppers or even potential protesters: Policemen in plain clothes, Chengguan guards, emergency police units, civil volunteers and other security personnel.

Street-sweeping trucks were spraying water across the pavement to disperse clusters of passersby. Ten state security agents dressed like Beijing street cleaners were wandering around KFC and McDonald's, the two restaurants where protesters were due to gather. Approximately 100 police vehicles were parked at each exit of the shopping street.

China Mobile, a state-owned telecommunications company, shut down its 3G/GPRS cellphone access for one hour.

At 2 p.m., hundreds of soldiers in uniform, aimed at maintaining stability inside the country, were seen marching on Wangfujing. Access to the street was completely prohibited from 2:30 p.m. onwards. Due to heavy police presence, there were scant signs of anyone coming to support the Jasmine Revolution.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

▶ A man is detained by police officers in Shanghai, China, yesterday. Large numbers of police, and use of new tactics like shrill whistles and street cleaners, are squelching any overt protests in China after calls for more peaceful gatherings modelled on recent popular democratic movements in the Middle East.

Using Twitter to organize a protest? Think again in China

Attempts to spark civil dissent à la Tunisia's Jasmine Revolution has spread to China. Last week, an Internet campaign to carry out protests akin to those of the Arab world called for regular weekend demonstrations in 18 cities across China.

In an open invitation on boxun.com, anonymous activists called for non-violent protests.

Police authorities have been organized in clamping down on alleged demonstrators. During the week, three Chinese Internet users were arrested for "state subversion" after only a "rewet" on a Twitter discussion over a protest.

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Soaring oil prices: Who stands to gain?

Western Canada will do much better, Central Canada noticeably worse: Economists

The Middle East unrest sending gas prices to $1.20 a litre and beyond could prove beneficial to some.

For oil-producing provinces that collect royalties from resources, the payoff is considerable.

For non-producers, there is only pain. By some estimates, every $10 hike in the price of oil trims Ontario's annual economic output by 0.1 to 0.3 percentage points.

As for Ottawa, which is deep in red ink, analysts believe the feds will make off like at least a modest bandit from high oil prices.

That's what happened when commodities hit record levels in the years leading up to the 2008 recession, said Michael Gregory, an economist with BMO Capital Markets.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 184.82 (14,052.13)	+ 0.47¢ (102.18¢ US)
Oil	**Natural gas**
+ $0.60 US ($97.88 US)	1,000 cu ft $4.005 US (+ 13.3¢)
	Gold contracts
	$1,409.30 US (– $6.50)

"In Canada we do get the income boost. Corporate profits go up. Canadians own stock, so their wealth goes up and the dollar tends to drift up so you can buy more," he said. All that generates government revenues.

Profitable companies tend to hire more employees and pay them more, he added, generating tax revenues. More jobs in the oilpatch mean more jobs in support manufacturing industries in Ontario.

On the other side of the ledger, high oil prices slow down the U.S. economy, which tends to hurt exporters in Ontario. They also add to business costs.

THE CANADIAN PRESS

Oil, interest rates, GDP the buzz this week

Volatile oil prices, the latest word from the Bank of Canada on interest rates and a report on December's economic growth will give investors plenty to chew over this week.

Traders will be focused on oil prices in particular, after a dizzying market ride last week in which crude surged to more than $103 US a barrel, raising concerns that the sharply higher prices would derail the fragile economic recovery. Crude ended the week at $97.88 US amid signs the crisis in Libya may have cut crude supplies less than previously estimated.

"The market volatility is going to increase. Nobody knows exactly what kind of trigger point another country may be going under."
AZIM HAJEE, SENIOR MARKET STRATEGIST, LIND WALDOCK

Oil prices will also factor into tomorrow's Bank of Canada report. The central bank is expected to keep its key interest rate unchanged at one per cent.

Economists have said that the bank probably will not raise rates until mid-year, but governor Mark Carney's decision of exactly when has been made more difficult by the wild swings in oil prices.

Meanwhile, investors are looking for some good news from Statistics Canada when the agency reports today on economic growth for December.

TD Economics forecasts that gross domestic product will show a solid (annualized) advance of three to 3.5 per cent, stronger than the 2.3 per cent pace the bank expected in December.

THE CANADIAN PRESS

Libyan oil bases in disarray

Libya's oil industry was in chaos last week as the country edged closer to civil war. Armed men looted equipment from oilfield bases, while terrified port workers failed to show up for work, leaving empty tankers floating in the Mediterranean. No one knows who will end up controlling Africa's biggest oil reserves, and fears abound that Libya could turn into a fractured nation with competing armed groups ruling over the oilfields. Compounding the situation was a near-complete breakdown in information, analysts said, adding they do not expect things to improve in the near future.

THE ASSOCIATED PRESS

Fuelling dissent

Libya produces just under two per cent of the world's oil. Its customers are mainly European.

- **Hardest hit by sudden** shortages are Italy, France, Germany and Spain, which receive 85 per cent of Libya's exports.
- **Spain is so concerned that** on Friday it reduced highway speed limits in a bid to cut fuel consumption.

Higher. Plane

▶ A Boeing 767 under assembly in Everett, Wash. The massive aircraft is the model for a new aerial tanker fleet commissioned by the U.S. Air Force.

TED S. WARREN/THE ASSOCIATED PRESS

Boeing gets plum project

Capping a decade of delays, the U.S. Air Force awarded to Boeing Co. one of the biggest defence contracts in history last week, a $35-billion US deal to build nearly 200 giant airborne refuelling tankers. The contract will mean tens of thousands of jobs in recession-weary Washington state and Kansas.

Retirement on hold

Many baby boomers are having to postpone retirement by at least one year because of the recession, the Conference Board of Canada says.

The Ottawa-based think-tank says its survey of retirement intentions taken in January shows that 21 per cent of respondents overall — and about one-third of baby boomers — say they have been forced to delay retirement.

The numbers are only a slight improvement on results obtained in a similar Conference Board survey a year before.

Economist Pedro Antunes says that while the economy has largely rebounded to pre-recession levels, the toll on Canadians' personal finances remains significant.

When the setback in retirement-savings growth is coupled with the tight labour market, the upward trend may continue, Antunes says.

THE CANADIAN PRESS

62 The average retirement age in Canada slid to 61.5 from 65 years old between 1976 and 2000, but reversed in 2010 to rise above 62 again, the Conference Board notes.

Buying contraband cigarettes costs more than you think. It fuels other criminal activities, such as the trafficking of drugs and guns. Individuals caught in possession of contraband cigarettes face serious consequences ranging from a fine to jail time.

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Government of Canada / Gouvernement du Canada

Canada

A BIT LIKE KARAOKE NIGHT AT CITY HALL

Urban Compass

STEVE COLLINS

TVO's public affairs show The Agenda broadcasts live from Ottawa tonight, and yesterday it held an "AgendaCamp" workshop at city hall, in which Ottawa residents brainstormed on provincial election issues.

If the locals seemed particularly ready to take the mic, it may be that we're already warmed up. Budget season has brought a spate of public delegations before council committees.

The opportunity to directly address your government is important, but the proceedings remind me of a slightly tedious karaoke night, from the signup sheets to the speakers' initial fumblings with microphone buttons to the entourages of supporters in the public gallery. Some performances are slick and professional, others not ready for prime time. Some are the familiar old song and dance.

Delegations are allotted five minutes to speak, but the catch is nobody is really obliged to listen. Councillors give a more convincing impression of paying attention at some times than at others.

"Still, it's a forum where anyone can make a point and get it on the record, and sometimes even be heard."

To be fair, some presenters do themselves no favours. Many presentations are only glancingly on topic, like one PowerPoint primer on global warming, complete with greenhouse-effect diagrams, recently presented to a visibly bored environment committee. Chair Maria McRae alternately hinted that it would be nice if the presenter could somehow tie his slide show to the budget and provided regular updates on his remaining time.

Most speakers, despite being closer to the point, have little obvious impact on budget deliberations, and many are received with a thank you, no questions from councillors, and next please.

Still, it's a forum where anyone can make a point and get it on the record, and sometimes even be heard. Students from Carleton and the University of Ottawa managed last week to postpone an increase in the price of their OC Transpo U-Pass for another year.

Seniors' groups had less luck lobbying for half-price fares and free lifetime passes for veterans, ideas approved by the previous city council but now deemed too expensive by the current bunch. (Instead, they can ride free Monday and Friday afternoons, in addition to the current free Wednesdays.)

Mayor Jim Watson sat in as an *ex-officio* member of the transit committee as it heard from these groups, as he often has. Some observers see these visits as an attempt to keep a tight leash on the budget proceedings. But they also give citizens the chance to bend the ear of the guy at the top. He might even be listening.

Cartoon

MICHAEL DE ADDER

Net being swallowed up

Worth mentioning

Swelling numbers of iPads, e-readers and laptops are swallowing up the finite space on the Internet and raising fears of the types of slowdowns and glitches predicted with the Y2K bug.

The problem stems from a decades-old oversight: The Internet's inventors assumed four billion numeric addresses would be plenty.

They weren't counting on tweens from Toronto to Tibet exhausting those addresses with their iPhones, BlackBerrys and Kindles.

There's almost no room left on the Internet for new computers and gadgets and Canadian Internet service providers are competing rather than co-operating to solve the problem.

A new, spacious version of the Internet is available, but many ISPs waited too long to upgrade. Now the biggest fix in cyberspace may come down to the digital equivalent of binder twine and masking tape.

Canadians could see problems when the space expires and ISPs make customers straddle the old Internet and the new Internet.

Old software might fail to reach new websites. Old firewalls might stop everything new from working altogether, or new firewalls might let in hackers old ones stopped.

THE CANADIAN PRESS

Wanted: Space for rent

THE ASSOCIATED PRESS FILE

What was the highlight of the Oscars for you?

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Metro Minute at LEGO My Airplane!

Kids and aviation join together this week at the Canada Aviation and Space Museum's LEGO My Airplane! day camp.

Boys and girls aged 8 to 12 will participate in special LEGO activities, interactive demonstrations and hands-on learning. They will explore the world of LEGO NXT robotics and programming with Ian Dudley, and become junior aircraft engineers as they create dynamic projects using LEGO Technic. They can learn about various aircraft systems and then build them using gears, pulleys, motors, pneumatics and more.

LEGO My Airplane! begins today and continues through Friday. It's also offered from March 14-18. To register, call 613-993-8109.

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CONTRIBUTED

▶ The Canadian Aviation and Space Museum will host the LEGO My Airplane! day camp through Friday.

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2 scene

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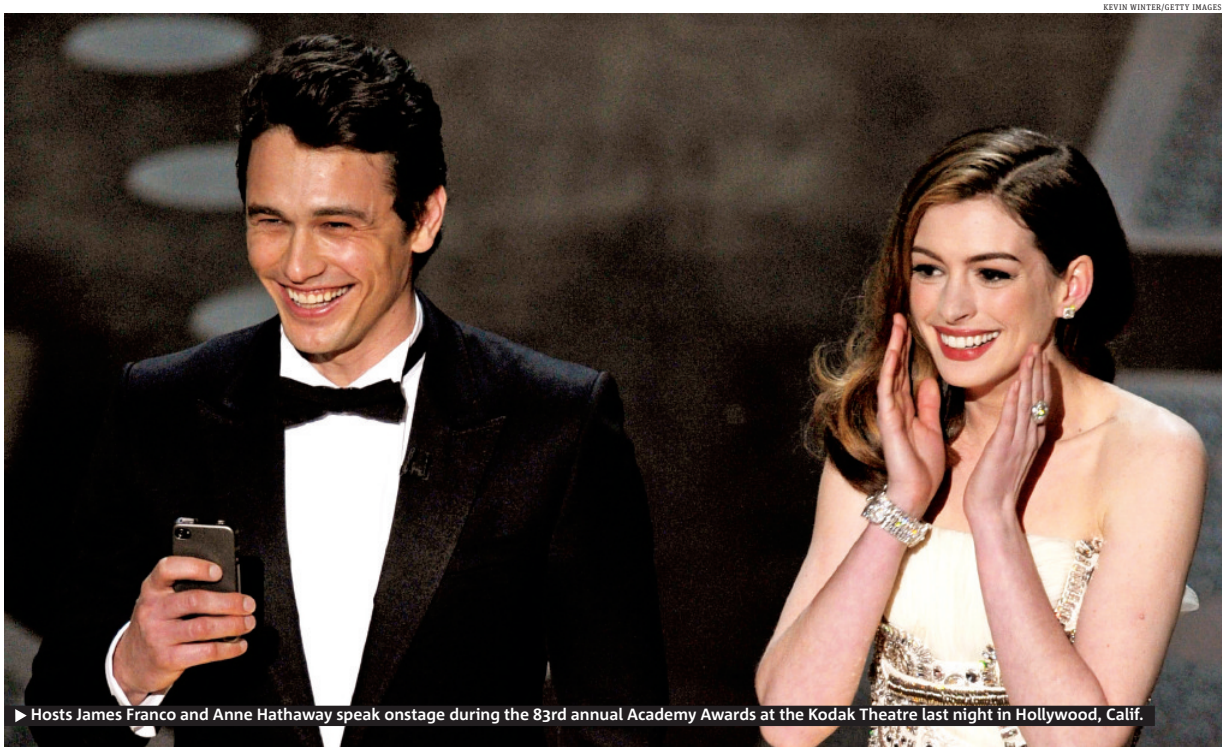

▶ Hosts James Franco and Anne Hathaway speak onstage during the 83rd annual Academy Awards at the Kodak Theatre last night in Hollywood, Calif.

The King's Speech claims Oscar glory

The Fighter wins both supporting acting awards • Leo swears during acceptance speech • Movie about British monarch takes best picture and its star, Colin Firth, named best actor

The King's Speech has been crowned best picture at an Academy Awards ceremony as precise as a state coronation, the monarchy drama leading as expected with four Oscars and predictable favourites claiming acting honours.

Colin Firth as stammering British ruler George VI in The King's Speech last night, while Natalie Portman won best actress as a delusional ballerina in Black Swan.

The boxing drama The Fighter claimed both supporting-acting honours, for Christian Bale as a boxer-turned-drug-abuser and Melissa Leo as a boxing clan's domineering matriarch.

The King's Speech also won the directing prize for Tom Hooper and the original-screenplay Oscar for David Seidler, a boyhood stutterer himself.

Hooper, a relative big-screen newcomer best known for classy TV drama, took the industry's top filmmaking prize last night over Hollywood veteran David Fincher, who had been a strong prospect for his Facebook drama The Social Network.

KEVIN WINTER/GETTY IMAGES

▶ Presenters Josh Brolin and Javier Bardem.

Network censors bleeped Leo last night for dropping the F-word during her speech.

Bale joked that he was keeping his language clean.

"Melissa, I'm not going to drop the F-bomb like she did," Bale said. "I've done that plenty of times before."

Backstage at the Kodak Theatre, Leo jokingly conceded it was "probably a very inappropriate place to use that particular word."

"Those words, I apologize to anyone that they offend. There is a great deal of the English language that is in my vernacular," Leo said.

"I'm just shaking in my boots here," Leo said. "Yeah, I am kind of speechless."

Still, Leo's speech went on for a couple of minutes, contrary to producers' pleas before the show to keep the talk tight.

Toy Story 3, last year's top-grossing release and a contender for best picture, won the fourth-straight animated-feature Oscar for Disney's Pixar Animation unit. Pixar has produced six of the 10 Oscar recipients for animation since the category was added, including Finding Nemo, WALL-E and last year's winner, Up.

KEVIN WINTER/GETTY IMAGES

▶ Actor Christian Bale accepts the award for best performance by an actor in a supporting role for The Fighter.

The Danish drama In a Better World won the best foreign language film Oscar, an honour for both the acclaimed filmmaker Susanne Bier and for Denmark cinema. In a Better world beat out Canadian hopeful Incendies.

THE ASSOCIATED PRESS

Box office

Wherefore art thou, Gnomeo? Atop the box office, that's where.

Walt Disney's Gnomeo & Juliet, an animated 3-D twist on Romeo and Juliet, took in $14.2 million in its third week of release, leading the box office on Oscar weekend.

In a lighthearted, G-rated version of the Shakespeare drama, the film uses garden gnomes in roles usually reserved for heavyweights of the stage.

It was a surprising upset win for Gnomeo, which bested underperforming debuts from Owen Wilson and Nic Cage.

The Farrelly brothers' R-rated comedy Hall Pass earned $13.4 million for Warner Bros. Cage's 3-D action film Drive Angry took in just $5.1 million for Summit Entertainment.

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Airbender rules the Razzies

M. Night Shyamalan project nabs worst picture and 4 other prizes

PARAMOUNT PICTURES, INDUSTRIAL LIGHT & MAGIC

▶ Dev Patel plays Prince Zuko in a scene from The Last Airbender.

The action fantasy The Last Airbender — about people who can command fire, air, water and earth — now controls something else: the Razzie awards for Hollywood's worst film achievements of 2010.

The Last Airbender led Saturday's Razzies with five awards, among them worst picture, worst director and worst screenplay for M. Night Shyamalan.

The movie also received Razzies for worst supporting actor (Jackson Rathbone, who was cited for both The Last Airbender and The Twilight Saga: Eclipse) and for a special award, worst eye-gouging misuse of 3-D.

A spoof of the Academy Awards, the Razzies were announced the night before the Oscars, Hollywood's biggest party.

Sex and the City 2 took three Razzies, including worst actress, a prize shared by co-stars Sarah Jessica Parker, Kim Cattrall, Kristin Davis and Cynthia Nixon, worst screen couple or ensemble for its entire cast, and worst prequel, remake, rip-off or sequel.

Ashton Kutcher was picked as worst actor for Killers and Valentine's Day, while Jessica Alba took the Razzie as worst supporting actress for four 2010 releases, The Killer Inside Me, Little Fockers, Machete and Valentine's Day.

Shyamalan has been on a downward spiral since 1999 Oscar best-picture contender The Sixth Sense, which earned him directing and writing nominations at Hollywood's highest honours. He won Razzies as worst director and worst supporting actor for his 2006 fantasy flop Lady in the Water.

Despite terrible reviews, The Last Airbender managed to find a decent audience, pulling in $300 million worldwide at the box office.

Shyamalan adapted the movie from the animated TV series Avatar: The Last Airbender.

THE ASSOCIATED PRESS

Sex and disrespect

- Razzies founder John Wilson says Sex and the City 2 was offensive, as the film show Sarah Jessica Parker and her gal pal co-stars disrespecting Arab culture on a trip to Abu Dhabi and flaunting their privileged ways.
- "It was released in the middle of a period of American history when everyone's scrounging not to lose their homes, and these women are riding around in Rolls-Royces, buying expensive shoes and just throwing money around like they're drunk," Wilson said.

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Roy Thomson Hall
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Hosted by: Johnny Reid
Featuring: Luke Doucet, Lynn Miles, Royal Wood, Sylvia Tyson and More!
Massey Hall
Wednesday, March 23

Juno Block Party
Presented by: SIRIUS Satellite Radio
Featuring: City and Colour with Hannah Georgas
Metro Square
Thursday, March 24

Juno Cup
Presented by: The Keg Steakhouse & Bar
The Rockers vs The NHL Greats
Ricoh Coliseum
Friday, March 25

JunoFest
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Friday & Saturday, March 25 & 26

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Biebs makes use of his shorn locks

Justin Bieber is making use of the scraps left from his recent haircut.

While stopping by Ellen DeGeneres' talk show, he presented DeGeneres with a lock of his hair, which she had joked she wanted for her birthday.

Now DeGeneres is auctioning the lock for charity on eBay. Bids have already topped $12,000 with two days still left in the auction.

METRO

Arquette thought Courteney was cheating

David Arquette admits that reports about estranged wife Courteney Cox having an affair contributed to the partying binge that put him in rehab.

"There were tabloid stories coming out about her and someone on her show having, you know, an affair," he tells Oprah Winfrey.

"I thought she was having an affair with someone. Nobody would've said something like that if she weren't."

METRO

VALERIE MACON/GETTY IMAGES

▶ David Arquette

RICCARDO S. SAVI/GETTY IMAGES

▶ Charlie Sheen

Charlie's next big adventure

Embattled actor looks to pen his memoirs

After a series of epic rants against his Two and a Half Men bosses that ended with the show being cancelled for the rest of the season, Charlie Sheen is moving on to his next gig: writing his memoirs.

According to TMZ, Sheen is pitching a book called When the Laughter Stopped that will detail his time on the No. 1 television comedy.

Sheen is reportedly looking for $10 million for the deal.

METRO

Diaz sure does love her pornography

Cameron Diaz admits she has a penchant for adult entertainment.

"I love porn," she tells Jimmy Kimmel during an interview.

"You know what I love about hotels? How discreet they are," the actress adds.

"I love that. They always give you that little thing at the bottom, 'Your room will be charged the same as any other room, no titles will be used.' [All the movies] cost the same amount."

METRO

STEPHEN LOVEKIN/GETTY IMAGES

▶ Cameron Diaz

Another Glee man for Taylor?

Taylor Swift may have a new squeeze in blonde Glee heartthrob Chord Overstreet, according to Us Weekly.

The pair were spotted getting cosy at a Los Angeles Kings hockey game at the Staples Center, and it reportedly wasn't their first get-together: "They've met a few times. Chord is into her. He will definitely pursue this," a source says. Swift previously dated Overstreet's Glee co-star, Cory Monteith, although briefly. METRO

RICK DIAMOND/GETTY IMAGES

▶ Taylor Swift

Celebrity tweets

Lindsay Lohan [@lindsaylohan] Enjoying a night at home with my family w/a delicious meal #madebyLindsayLohan

Lily Allen [@lilyroseallen] @kanyewest never has a tweet put me in such a bad mood. This is wrong on so many levels.

Kylie Minogue [@kylieminogue] You've no idea how much I HATE being misquoted

Sarah Silverman [@SarahKSilverman] The "Pajama Jeans" infomercial that plays during the 2am-3am hour is the saddest hour of the day.

METRO

Von D can't measure up to Sandra in kids' eyes

In the run-up to her wedding to Jesse James, Kat Von D is reportedly trying to get close to his kids, but their affection for James' ex-wife, Sandra Bullock, keeps getting in the way, according to In Touch.

"It upsets Kat that no matter how much she tries, the kids keep talking about 'Sandra this and Sandra that,'" a source says. METRO

CRAIG BARRITT/GETTY IMAGES

▶ Kat Von D

3 life

Family time

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• Volunteering as a family can be fun and rewarding.
NEWS CANADA

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CARE CANADA

▶ Abshiro Aden Mohamed, a widow with four children who lives in a Kenyan refugee camp, walks about 20,000 steps a day. On March 8, you can help fight global poverty by walking to raise money for women like Mohamed.

Walking in her shoes

CARE Canada estimates some women in poor communities walk on average 8,000 steps a day

HEATHER BUCHAN
LIFE@METRONEWS.CA

All over the world, women and girls in some of the poorest communities take on the brunt of domestic labour: collecting firewood, fetching water and gathering food. These tasks entail long, often arduous, walks.

According to CARE Canada, an aid and development organization dedicated to fighting global poverty, these women and girls walk an average of six kilometres a day, which is about 8,000 steps.

Abshiro Aden Mohamed — a 55-year-old widowed mother of four who fled war-torn Somalia in 1991 and settled into the Dadaab Refugee Camp in Kenya where she and her children and grandchildren still live today, along with 10,000 other refugees — surpasses the statistics. She walks an average of 20,000 steps a day.

Here's what a typical day walking in Abshiro's well-trodden shoes is like.

Zero kilometres

Abshiro wakes up at 5 a.m. to pray before waking her youngest child, a 13-year-old daughter, along with her grandchildren for school and preparing breakfast for her entire family, which includes two grown sons, and their wives and her grown daughter. She then feeds her goats, fetches water from the nearby tap stand and walks the goats to the farthest end of camp where herdsmen take them to graze in the bush.

6 kilometres

After returning home, Abshiro walks the 30-minute route to the camp's market, where she owns a grocery stall, arriving at about 9 a.m. to open her business, which she runs with her 25-year-old daughter. Abshiro spends the next two hours dealing with wholesalers and stocking her stall, before heading out at 11 a.m. on a 30-minute walk to the other end of camp where she is supervising the construction of a boarding and lodging facility. Some days she must also walk to the food ration centre.

12 kilometres

Abshiro walks back to her stall in the heat, arriving at 1 p.m. to check on business. She then walks home to prepare tea for the children, perform her afternoon prayers and fetch more water. By the time she returns with water, it is 6 p.m. and Abshiro prepares dinner for the family. While they eat, she walks to the outskirts of camp to pick up her goats. She and the goats return home, she feeds them, performs evening prayers and bathes.

15 kilometres

At 9 p.m., Abshiro finally eats dinner, visits with neighbours for 20 minutes, does her laundry and goes to bed around 11:30 p.m.

"Every day is a happy day given to us by God," she says. "I am healthy and at peace of heart. I have all my children with me ... and they are of good health."

Women's Day

On March 8, celebrate International Women's Day and fight global poverty. Here's how you can help:

- **Walk**
  Take part in CARE Canada's Walk in Her Shoes national challenge.
- **Raise Money**
  You will raise money while walking 8,000 steps a day from March 2 to 8, or build your own challenge by setting up your own step count and time frame.
- **Register**
  Register individually or as part of a team at care.ca.
- **Results**
  Money raised will empower women and girls to improve their lives through access to education, health care, clean drinking water and earning a living.

A vintage spin on weddings

DARREN CALABRESE/ THE CANADIAN PRESS

▶ Vintage pieces can add a unique touch to any wedding.

As aficionados of antiques and '50s fashion, Elise and Kevin Woodall knew they wanted their wedding to have a vintage flavour.

While planning, Elise visited a Calgary bridal fair and saw images that didn't jibe with her vision.

"They had mockups of tables and decorations, and it was all shiny organza and taffeta and just not my style," she recalled.

Elise, 24, and Kevin, 25, went on the hunt for vintage items, paying visits every few weekends to Nanton, Alta., south of Calgary, to comb through the latest arrivals at various antique and thrift stores.

Catherine Lash, creative director of The Wedding Co., said incorporating vintage could include drawing on new discoveries or pre-existing family treasures.

"It's sort of an overall look to a wedding but I think it's also a way to bring in an heirloom if you can," said Lash.

For brides, having a wrapped bouquet with a vintage brooch or wearing one is a way to help feel good about tapping into that tradition, she noted.

"Even if it's a vintage piece that didn't belong to you, there's just history."

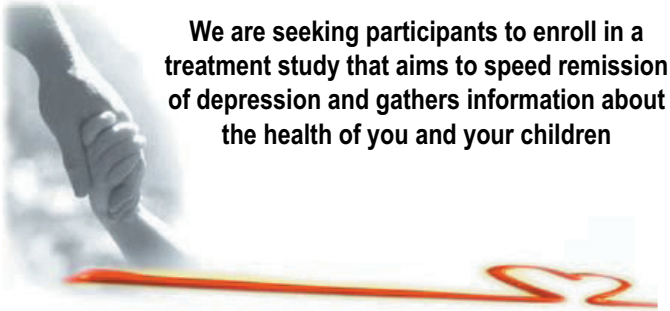
There are options for couples seeking to add a dose of vintage but perhaps without the time to seek out items themselves.

Selena Hazlitt, owner of Hazlitt Vintage Rentals located near Goderich, Ont., lists one-of-a-kind items and props, including furniture and accessories, for rent by couples for weddings, or other events.

THE CANADIAN PRESS

Are you a parent with Depression?

Both you and your child can benefit when you seek help



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Give pizza a peppery and sweet upgrade

This arugula and fresh basil pizza with a crisp crust is easy to make

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Use a vegetable peeler to shave the Parmesan over the pizza.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Arugula, popular with Italian cooks since Roman times, is getting its own shelf space in grocery stores, as producers look for new greens to entice consumers.

Here, it's used to a make a sweet and peppery fresh basil and arugula pizza.

Preparation:

1. In a large bowl, stir water and yeast together, add all purpose and spelt flours, salt and oil until ragged firm dough comes together. Turn out onto a lightly floured surface and knead until dough feels elastic and smooth. Place dough in lightly oiled bowl, cover with plastic wrap and let rest for 30 minutes.
2. **Toppings**: Meanwhile, in a skillet heat oil over medium heat, and cook mushrooms and garlic until soft. Add artichokes and lemon rind and cook, stirring until warmed through or about two minutes. Season with salt and pepper, to taste.
3. In a small bowl, stir together pesto and sour cream.
4. Place a baking tray in the oven and preheat to 500 F (260 C).
5. Divide pizza dough into 2 discs. On lightly floured surface, roll out each piece to about 9 inches (23 cm) across. Remove heating pan from oven and sprinkle lightly with cornmeal.
6. Place rolled crust on pan and spread thin layer of the pesto mixture. Arrange prosciutto on top and spoon mushroom filling over top and bake for 10 to 15 minutes or until edges are golden.
7. Sprinkle pizzas with Parmesan and top with basil and arugula.

WITH FILES FROM THE ASSOCIATED PRESS

Ingredients:

- 3/4 cup (175 mL) tepid water (about 105 F/40 C)
- 2 1/4 tsp) instant dry yeast
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) spelt flour
- 1 tsp (5 mL) salt
- 3 tbsp (45 mL) olive oil

Toppings

- 2 tbsp (30 mL) olive oil
- 8 oz (250 g) cremini mushrooms, sliced
- 2 cloves garlic, minced
- 1 jar (14 oz/398 mL) marinated artichokes
- Salt and pepper
- 1 tsp (5 mL) grated lemon rind
- 1/4 cup (50 mL) basil pesto
- 3 tbsp (45 mL) sour cream
- Cornmeal for sprinkling
- 12 slices prosciutto
- 2 oz (60 g) shaved Parmesan cheese
- 2 cups (500 mL) lightly packed baby arugula leaves
- 1/3 cup (75 mL) lightly packed fresh basil leaves

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

ISTOCK PHOTO

▶ Increasingly, there are safe alternatives to using harmful road salts.

Putting ice on a low-salt diet

There are new alternatives to those environmentally unsafe road salts ◐ EcoTraction is one that may stick

BEN KNIGHT
LIFE@METRONEWS.CA

Canadian cities use an enormous amount of salt and gravel to keep their roads and highways ice-free. This salt damages infrastructure, eventually seeping into the ground and water systems, where it causes harmful, expensive, toxic after-effects.

EcoTraction is a pollution-free alternative developed by Canadian entrepreneurs. It bonds to ice, increasing traction, and blows away as dust when the ice is gone. It's been featured on the popular CBC television program Dragons' Den.

What are the pollution dangers of traditional road salt?

"Every ton of salt that we put on the road causes $900 in damage to roads, bridges and landscaping in our cities," says EcoTraction co-founder Mark Watson. "That's not counting rust on cars, and your shoes that get destroyed, and your pets that get sick. Multiply that by 10-million tons, and now you've got a $9-billion problem. On top of that, every ton of salt contaminates 1.64 million litres of water, to the point where it is no longer drinkable. There is no industrial contaminant larger than road salt."

How does this new product work?

"EcoTraction is 100 per cent eco-friendly alternative to chloride-based ice melters," Watson explains. "It's an all-natural volcanic mineral that absorbs the thin layer of water on the surface of snow and ice, and embeds itself to create a traction zone that makes it safe to walk. It's so safe, it helps plants grow — and actually decontaminates water. A lot of it simply disappears as dust. It can also be swept up, and used again the following year. This stuff can even be added to municipal compost — those green-bin programs — to make super-rich compost."

What are the costs compared to traditional salt?

"One cup of our EcoTraction is equal to nine cups of salt," Watson notes.

"Per square foot, it's half the price, and there's no toxic secondary consequences. It doesn't burn the concrete. It doesn't burn landscaping. It doesn't burn a city's fleet of vehicles. When salt goes in the water, it's a massive pollutant. When EcoTraction goes into the water, it filters dangerous material, and is safe for aquamarine life."

Toronto

What's going on in your city:

- **Efforts** The city's Transportation Services Division of Works and Emergency Services in enacting changes to improve the way road salt is transported, stored and used. Efforts are being made to reduce salt use, balanced by the need to keep city streets and sidewalks ice-free.
- **Video** Hear more from Mark Watson at youtube.com/thetruthaboutsalt.

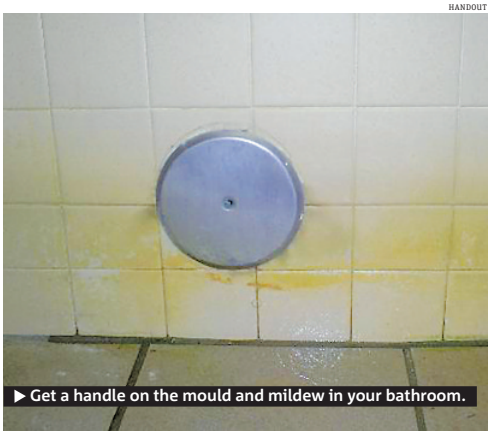
Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

THE CHALLENGES OF GREEN CLEAN

The caulking in our shower is getting blacker and yuckier by the day. I've tried a few different cleaning agents but was wondering if you have any tricks up your sleeve for mildew?
Ione, Sunshine Coast of B.C.

HANDOUT



▶ Get a handle on the mould and mildew in your bathroom.

Mould and mildew are definitely cleaning challenges. That yucky black stuff is a colony of moisture-loving mould spores. It grows on caulking (the squishy stuff that seals your tub to the wall), in grout lines (the hard material between tiles), on the shower curtain, or on tub and tile surfaces. And it can affect air quality.

You can tackle mould and mildew on bathroom surfaces a few different ways:

Make a paste with baking soda and liquid castile soap (try the types infused with tea tree or lavender essential oils). Apply with a sponge or rag, let sit for 15 minutes for heavy duty jobs, then rinse and wipe clean.

A spray bottle of undiluted white vinegar will also do the trick, but be careful. Vinegar is a strong acid that can etch tile or grout. Use it only on the caulking and rinse off well — it's always best to do a test patch.

Liquid oxygen bleach is another option. It's basically diluted hydrogen peroxide, found in the laundry aisle of your grocery store. Apply it with a spray bottle or follow the manufacturer's instructions.

Worst case scenario is if the mould has worked its way behind the caulking. In this case, you may have to re-caulk, and if you do, choose non-toxic, 100 per cent silicone.

Of course, mould and mildew prevention is the key. Get a handle on the humidity of your bathroom. Make sure the fan is rated to fit the size of your bathroom and that it's working properly.

David Suzuki Foundation

FILE PHOTO/TORSTAR NEWS SERVICE

▶ Schools are being encouraged to find ways to reduce their carbon footprint.

Students get green thumb

Funding available to help reduce carbon footprint

From planting organic vegetable gardens in the playground to campaigning for litterless lunches in the cafeteria, young students across Canada are embracing the crusade to protect Mother Earth.

Waste reduction in schools is an important part of creating a greener community, and many children and teachers are implementing creative initiatives to reduce their school's carbon footprint. Charities, such as TD Friends of the Environment Foundation (TD FEF), are helping to support these projects.

"Spring is about new beginnings, so why not reduce your impact by organizing a 'walking school bus' in your neighbourhood or encouraging children to decorate old school folders instead of buying new ones," says Mary Desjardins, executive director of TD Friends of the Environment Foundation.

In the last 20 years, TD FEF has provided funding for nearly 4,000 environment and wildlife initiatives carried out by schools across Canada.

Schools interested in submitting a request for financial support can visittd-fef.com for more information. **NEWS CANADA**

TAKE YOUR BUSINESS TO THE NEXT LEVEL WITH A MENTOR

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

For a year and a half he sat beside his grandfather every chance he could, listening to his views on life and business.

His beloved granddad had cancer and Kyle Braatz knew his time with him was limited.

When it finally came time to say goodbye, Kyle decided he would honour his life by organizing a cross-country bike tour that raised more than $100,000 for cancer research.

Armed with that experience and his granddad's advice, Braatz decided to start his own company in Ottawa.

His company, Netgen, which launched in 2009, is now a successful digital marketing firm.

At the age of 26, Braatz has started three companies and is working on a fourth.

Finding a mentor

Finding and working with mentors have taken Kyle's entrepreneurial skills to the next level.

"Sometimes you have the best idea going but you're afraid to ask for feedback," he said.

"They genuinely want to help so don't think you're a burden."

Kyle's inspiration and biggest mentor was Frank Moores, the second premier of Newfoundland.

He learned from one of the best. Granddad Frank would be proud.

Starting out

Tips for entrepreneurs:

- Make community and relationships the foundation of your life and your business
- Believe in yourself and surround yourself with people who believe in you.
- Money should not be your motivation; it is merely an indicator that comes from following passion.
- Base your business and your life on integrity. Short-term gains mean nothing unless they are sustainable.
- Be open to criticism, support and change.

▶ Kyle Braatz, co-founder and CEO of Netgen.

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Just say no to scare tactics: Experts

When it comes to drug prevention among teens, a realistic approach may be the key

Nathaniel Koutsostavros had a rough adolescence. An absent father and a bipolar grandmother created a tough life at home, while weight issues and depression made high school painful.

At 17, he turned to drugs and soon spiralled out of control, often spending $300 a day on cocaine. Looking back, many of those days remain a blur, but the Toronto native does remember the prevention programs that tried to stop him from what he had become, and how they didn't seem to work.

"It was unrealistic," says Koutsostavros, now a recovering drug addict who remembers the scare tactics used to ward teens away from substance abuse. "If someone would have came to me and honestly talked to me about drugs, it probably would have helped a little more."

Koutsostavros recalls being plied with horror stories about how one ecstasy pill could kill, or how smoking marijuana would lead to schizophrenia. Daring teenagers not to use drugs simply goaded them into trying them, he says.

"When I tried weed I said, 'This is not doing anything,' and so I would try other drugs and they would have a more positive effect than what they led me to believe," says Koutsostavros. "I feel like scare tactics are the worst things you can use with drugs."

The 21-year-old, who completed a stint in rehab a year and a half ago, now shares his experiences with high school kids, offering a realistic view of what happens to addicts. No horror stories, just the facts.

It's an approach that a leading scientist in the U.S. is trying hard to push into practice all over North America.

Dr. Nora Volkow, director of the National Institute on Drug Abuse, says teens are more likely to respond to drug prevention messages if they come from other young people. But, she cautions, teens are also more likely to take drugs if their peers do as well.

"Drugs are devastating to our society, it's sort of enraging in a way ... Why then aren't we taking a more aggressive approach to prevention and treatment? As a society perhaps we incorporate (substance abuse) as things that are inevitable, but that's not the case, it need not be."
DR. NORA VOLKOW, DIRECTOR OF THE NATIONAL INSTITUTE ON DRUG ABUSE

▶ A multi-pronged drug prevention approach, targeting an adolescent's family, school and community, is needed, says a leading U.S. scientist.

"We need to tailor addiction programs to take into account these two factors," says Volkow. "A message that is targeted toward really emphasizing the negative consequences in a way that is tailored for adolescents would be more effective."

A multi-pronged drug prevention approach, which targets an adolescent's family, school and community, would pack the hardest punch, she says. But while evidence for the success of such programs exists, Volkow says only a handful of schools and communities implement them. And that's something she hopes will change.

"You need simple, realistic, user-friendly prevention approaches, otherwise it won't go anywhere," she says.

Dennis Long knows communities can do more to prevent teenage substance abuse. The director of Breakaway, a Toronto-based outreach and addiction treatment centre, has been in the field for 35 years and says the numbers for youth drug use aren't declining in any significant way.

But he says it's important that teen drug abuse prevention programs get away from focusing solely on addiction because adolescents use substances differently. Long explains that teenagers have a higher tendency to stay clean during the week and then binge on any given substance over the weekend, meaning prevention efforts have to take such habits into consideration.

He adds that it's also important for parents and teachers to realize that substances like alcohol can be just as dangerous as hard drugs when abused.

"We get parents in here that are very upset they've discovered a joint in their son or daughter's room and yet, when we start talking to the young person we find they're drinking at an alarming rate but the parents are like, 'Oh that's OK, it's just beer,'" he says. "We have to start to look at how we endorse certain kinds of behaviour patterns among young people."

Ultimately, Long's team tries to stay realistic when reaching out to teens.

"We don't come from a hard-line abstinence base. That's completely ineffective," he says. "We give them the straight facts, drawn from scientific evidence. We don't try to scare them."
THE CANADIAN PRESS

The teen brain

Part of the solution is understanding just how different teenage brains are.

- Volkow explains that teen brains are thought to be more likely to experiment with drugs because they are still developing. The connections between the area of the brain that makes decisions and the area that takes action aren't as strong as those in adults, she says.
- Once exposed to drugs, Volkow's institute has shown that teenagers are more vulnerable to becoming addicted because their developing brains are able to adapt and learn certain behaviours faster than adults.

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Make the most of your home office

ISTOCK

▶ Turn your kitchen into a home office.

For most of us, the home office is a must, but it doesn't have to be the cluttered storage room for all your household's odds and ends.

Today's home offices can be versatile in look, function, form — even location. Frank Turco, senior manager of trend and design with The Home Depot Canada, recommends these tips to make your home office work for you.

Two rooms in one
If your home doesn't have a dedicated office, incorporating a workstation into the kitchen can be easily done. Plus, easy access to the workstation ensures you can keep your eyes on the "staff" while they play close by.

Organize for efficiency
Look to better organize your workstation. If the base of your computer is only accessed for troubleshooting, place it under your desk. Need to print on a daily basis? Keep your printer within reach. How about more space and storage? Consider storage solutions that are both functional and stylish.

Creatively categorize
Take the pegboard out of the garage and use it in your office to hang essentials — everything from scissors to staplers. Try painting the pegboard a bright colour to add a touch of decor to the space.

Out of space
If you're in need of a home office but feel you simply don't have the space, floating shelves and storage cubes may be the solution for you. What's best is they can be tailored for your space and needs.

Or out of mind...
Would you prefer your home office is out of sight and out of mind when not in use? Then an unused closet may make the perfect space. NEWS CANADA

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Deadline day could lack drama

The biggest day for buzz on the NHL calendar starts awfully early in Allan Walsh's office. The Los Angeles-based agent is making sure all hands are on deck leading up to today's trade deadline.

"I want the office completely staffed and we're up and running at 4:30 a.m. L.A. time," Walsh said yesterday. "We divide up responsibilities. I have a couple people that I assign to monitoring what's going on — TSN, Sportsnet, on the Internet. At the same time, I'm working the phones talking to different GMs and players.

"You want to stay out in front of the news."

It's the kind of scene that plays out all over the hockey world. Management teams gather in war rooms, anxious players stay glued to their cellphones and fans tune in for hours and hours of live television coverage and analysis.

There is traditionally a dizzying amount of action — 31 trades involving 55 players were made last year — as teams try to load up for a playoff run or get started on a rebuild.

A unique aspect of today's 3 p.m. ET deadline is the fact an unusually high number of deals have already been made in recent weeks. More than two-thirds of NHL teams have been involved in player transactions this month, raising doubts about how much action will be left for the final day.

Walsh is confident there will still be plenty of movement. He spoke with about 12 GMs yesterday in an effort to get an understanding of what might be coming for his clients.

"I think there'll be a lot of activity, I just think there's not going to be many — if any — blockbuster deals," said Walsh.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Alex Kovalev, left, celebrates his first-period goal Saturday with teammates James Neal, centre, and Jordan Staal.

Kovalev gives Pens a boost

- Former Senator has goal for Pittsburgh, and nets winner in shootout
- Says that being traded for a conditional pick doesn't motivate him

Veteran Alex Kovalev is paying dividends in his return to the Pittsburgh Penguins.

Kovalev, acquired from Ottawa on Thursday, scored in regulation time before adding the lone goal in the shootout in Pittsburgh's 6-5 win over the Toronto Maple Leafs Saturday night.

Then again, Kovalev's offensive exploits aren't anything new for Pittsburgh. Kovalev spent five-plus seasons with the Penguins (1998-2003) and

"I don't care what they got for me. It's not like they're paying me. It really doesn't bother me."
ALEX KOVALEV

is 16th in career team scoring.

"It brings back old memories," the 38-year-old Kovalev said. "I know I can be the same player and I feel like I have another opportunity to be that type of player and play in the playoffs. It's exciting."

There's no denying Kovalev's offensive ability. However, there are those who some nights will question his work ethic and drive.

Then again, the Senators are hoping Kovalev does well in Pittsburgh. That's because Ottawa will receive a sixth-round pick if the Penguins win a playoff game and Kovalev plays in half of their post-season contests and only a seventh-round selection if that doesn't happen.

And that's for a player who had 14 goals with Ottawa and was tied for second in team goal-scoring.

"It's not my business, I don't care," Kovalev said when asked if being traded for so little motivates him.

Kovalev's new teammates are happy to have him.

"He's a guy who is happy to be with this team," said Max Talbot. "He sees the chemistry and the guys are all happy to have him."

THE CANADIAN PRESS

Holland denies Jones a fourth straight title

Saskatchewan's Amber Holland has ended the reign of Jennifer Jones at the Scotties Tournament of Hearts with an 8-7 win over the four-time champion.

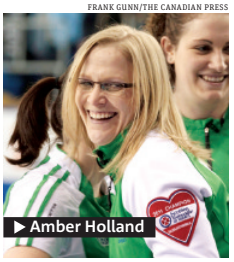
Holland stole a single point in the 10th end last night for the victory.

Holland, third Kim Schneider, second Tammy Schneider and lead Heather Kalenchuk will represent Canada at the Capital One World Women's Curling Championship.

THE CANADIAN PRESS

4 Jennifer Jones was attempting to win a fourth straight Scotties and tie the record for consecutive titles.

FRANK GUNN/THE CANADIAN PRESS



▶ Amber Holland

Sports in brief

Cabrera will join lineup

MLB. Miguel Cabrera will be in the Detroit Tigers' lineup for the first time this spring as a designated hitter in today's exhibition game against the New York Yankees.

Cabrera missed the first week of camp after being arrested for suspicion of driving under the influence of alcohol Feb. 15 near Fort Pierce, Fla. He reported to camp Thursday.

THE ASSOCIATED PRESS

Donald wins Match Play

GOLF. Luke Donald spoiled Martin Kaymer's rise to No. 1 in the world by winning the Match Play Championship with a week so dominant that he never played the 18th hole. With the match tied at the turn, Donald won two straight holes and finished off Kaymer on the 16th hole.

THE ASSOCIATED PRESS

4 sports

Sports in brief

1 The Lakers extended their cushion over Oklahoma City in the Western Conference standings by beating the Thunder 90-87.

2 Hall of Fame centre-fielder Duke Snider died yesterday. He was 84.

3 Birmingham ended a 48-year wait for silverware by upsetting Arsenal 2-1 with a last-minute winner in the Carling Cup final.

THE ASSOCIATED PRESS

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-7-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	61	35	19	2	5	191	146	77	15-12-1-2	20-7-1-3	5-5-0-0	W4
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	206	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	63	36	21	4	2	178	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-3-2	18-11-3-2	7-2-0-1	L3
Los Angeles	62	35	23	2	2	174	149	74	19-9-1-0	16-14-1-2	7-1-1-1	W3
Chicago	62	33	23	2	4	198	172	72	19-14-0-0	14-9-3-3	6-2-0-2	W4
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	62	33	23	1	5	163	162	72	16-12-0-3	17-11-1-2	6-3-0-1	W1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Calgary	63	31	23	3	6	189	182	71	18-10-1-3	13-13-2-3	5-2-1-2	L2
Anaheim	62	32	25	3	2	173	184	69	17-10-1-1	15-15-2-1	4-5-1-0	L5
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	61	28	24	4	5	173	179	65	18-10-1-3	10-14-3-2	5-4-0-1	W1
Colorado	62	26	29	7	0	181	214	59	14-15-4-0	12-14-3-0	1-8-1-0	L2
Edmonton	62	20	34	1	7	156	208	48	10-18-1-3	10-16-1-3	5-5-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Atlanta 3 Toronto 2 (OT)
Chicago 4 Phoenix 3 (SO)
Nashville 3 Columbus 2
New Jersey 2 Florida 1
Tampa Bay 2 N.Y. Rangers 1
St. Louis at Calgary
Boston at Edmonton
Colorado at Anaheim
Saturday's results
Montreal 4 Carolina 3
Ottawa 4 Philadelphia 1
Boston 3 Vancouver 1
Pittsburgh 6 Toronto 5 (SO)
Dallas 3 Nashville 2
Detroit 3 Buffalo 2 (SO)
Los Angeles 4 Colorado 3
Washington 3 N.Y. Islanders 2
Tonight's games
Chicago at Minnesota, 8 p.m.
Detroit at Los Angeles, 10:30 p.m.
Tomorrow's games
Buffalo at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Atlanta, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Nashville at Edmonton, 9 p.m.
Dallas at Phoenix, 9 p.m.
Columbus at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

LIGHTNING 2, RANGERS 1

First Period
1. Tampa Bay, St. Louis 24 (Downie) 5:04
Penalties — Brewer TB (cross-checking) 1:03, Hedman TB (tripping) 13:43, Downie TB (roughing) 19:34.
Second Period
2. N.Y. Rangers, Prust 10 (McDonagh, Boyle) 9:42 (sh)
Penalties — Zuccarello NYR (tripping) 4:42, Christensen NYR (interference) 8:39, Dubinsky NYR (high-sticking) 11:59.
Third Period
3. Tampa Bay, Lecavalier 15 (St. Louis, Purcell) 2:40 (pp)
Penalties — Girardi NYR (boarding) 1:11, Boyle NYR (delay of game) 2:04, Dubinsky NYR (interference) 4:22, Clark TB (holding) 13:12.
Shots

Tampa Bay	7	5	7	19
N.Y. Rangers	4	9	10	23

Goal — Tampa Bay: Roloson (W,18-19-2); N.Y. Rangers: Lundqvist (L,25-21-4). **Power plays (goals-chances)** — Tampa Bay: 1-6; N.Y. Rangers: 0-4.
Referees — Ian Walsh, Kelly Sutherland.
Linesmen — Scott Driscoll, Tim Nowak.
Attendance — 18,200 (18,200).

PREDATORS 3, BLUE JACKETS 2

First Period
No Scoring.
Penalty — Suter Nash (slashing) 19:17.
Second Period
1. Columbus, Calvert 10 (Umberger, Clitsome) 14:17 (pp)
Penalties — O'Brien Nash (holding) 0:59, Dorsett Clb, Hornqvist Nash (high-sticking) 8:42, Weber Nash (hooking) 13:04.
Third Period
2. Nashville, Weber 13 (Suter, Fisher) 1:47 (pp)
3. Nashville, Blum 1 (Ward, Spaling) 7:18
4. Columbus, Russell 4, 12:34 (pp)
5. Nashville, Legwand 10 (Erat, Weber) 18:25
Penalties — Clitsome Clb (interference) 1:13, Moreau Clb (elbowing) 5:10, Legwand Nash (hooking) 10:50, Weber Nash (tripping) 16:16, Weber Nash (cross-checking, roughing) 20:00.
Shots

Columbus	5	12	10	27
Nashville	6	9	13	28

Goal — Columbus: Garon (L,9-10-4); Nashville: Rinne (W,22-18-6). **Power plays (goals-chances)** — Columbus: 2-5; Nashville: 1-2.
Referees — Marc Joannette, Greg Kimmerly.
Linesmen — Don Henderson, Thor Nelson.
Attendance — 16,340 (17,113).

DEVILS 2, PANTHERS 1

First Period
No Scoring.
Penalties — Greene NJ (slashing) 10:55, Dvorak Fla (hooking) 15:28.
Second Period
1. New Jersey, Clarkson 9 (Pelley, Mair) 5:46
2. New Jersey, Rolston 11 (Zubrus) 9:11 (pp)
Penalty — Weaver Fla (holding) 9:08.
Third Period
3. Florida, Reasoner 13 (Repik, Santorelli) 15:31
Penalty — Hordichuk Fla (interference) 3:00.
Shots

New Jersey	10	10	6	26
Florida	11	7	8	26

Goal — New Jersey: Brodeur (W,14-19-2); Florida: Vokoun (L,20-22-4). **Power plays (goals-chances)** — New Jersey: 1-3; Florida: 0-1.
Referees — Paul Devorski, Rob Martell. **Linesmen** — Brian Murphy, Pierre Racicot.
Attendance — 16,592 (17,040).

THRASHERS 3, LEAFS 2 (OT)

First Period
1. Toronto, Kulemin 22 (Grabovski, MacArthur) 6:09
2. Toronto, Kessel 26, 8:34
Penalties — Brent Tor (tripping) 2:00, Lebda Tor (interference) 17:08, Mason Atl (holding; served by Wheeler) 19:35.
Second Period
No Scoring.
Penalties — Kane Atl (goaltender interference) 1:35, Ladd Atl (hooking) 6:23, Brent Tor (hooking) 14:00, Aulie Tor (high-sticking) 19:18.
Third Period
3. Atlanta, Ladd 23 (Wheeler, Enstrom) 0:23 (pp)
4. Atlanta, Stapleton 1 (Stewart, Bogosian) 15:24
Penalty — Antropov Atl (charging) 5:15.
Overtime
5. Atlanta, Hainsey 2 (Little, Oduya) 2:31
Penalties — None.
Shots

Toronto	12	5	6	1—34
Atlanta	11	11	20	1—43

Goal (shots-saves) — Toronto: Reimer (18-18), Giguere (L,11-10-4)(16:04 second)(25-22); Atlanta: Mason (W,8-8-3). **Power plays (goals-chances)** — Toronto: 0-4; Atlanta: 1-4.
Referees — Eric Furlatt, Ghislain Hebert.
Linesmen — Derek Nansen, Shane Heyer.
Attendance — 13,147 (18,545).

BLACKHAWKS 4, COYOTES 3 (SO)

First Period
1. Chicago, Toews 21 (Kopecky) 2:52
2. Chicago, Toews 22 (Seabrook, Kane) 16:55 (pp)
Penalties — Stalberg Chi (high-sticking) 13:57, Schlemko Pho (holding) 16:10, Aucoin Pho (tripping) 16:31.
Second Period
3. Phoenix, Aucoin 3 (Yandle, Doan) 2:13
4. Chicago, Hossa 15 (Kane, Keith) 8:14 (pp)
5. Phoenix, Yandle 10 (Whitney, Boedker) 11:11 (pp)
6. Phoenix, Hanzal 15 (Whitney, Boedker) 17:01 (pp)
Penalties — Stalberg Chi (hooking) 2:57, Doan Pho (roughing) 6:26, Dowell Chi (high-sticking) 10:38, Hossa Chi (hooking) 16:51.
Third Period
No Scoring.
Penalties — None.
Overtime
No Scoring.
Penalties — None.
Shootout
Chicago wins 1-0
Phoenix (0) — Upshall, miss; Vrbata, miss; Turris, miss. **Chicago (1)** — Toews, goal; Sharp, miss; Kane, miss.
Shots

Phoenix	8	14	5	2—29
Chicago	17	9	12	3—41

Goal — Phoenix: Bryzgalov (L,27-15-7); Chicago: Crawford (W,22-12-3). **Power plays (goals-chances)** — Phoenix: 2-4; Chicago: 2-3.
Referees — Stephane Auger, Brad Meier.
Linesmen — Greg Devorski, Andy McElman.
Attendance — 21,473 (19,717).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	47	79
Stamkos, TB	41	37	78
H.Sedin, Vcr	15	59	74
St. Louis, TB	23	50	73
Perry, Ana	31	36	67
Zetterberg, Det	18	49	67
Crosby, Pgh	32	34	66
Ovechkin, Wash	24	39	63
B.Richards, Dal	24	39	63
Kopitar, LA	20	40	60
E.Staal, Car	27	32	59
Iginla, Cal	25	33	58
Giroux, Pha	21	37	58
Kesler, Vcr	33	24	57
Eriksson, Dal	21	36	57
Selanne, Ana	20	37	57

Not including yesterday's results

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	42	15	.737	—
d-Miami	43	16	.729	—
d-Chicago	40	17	.702	2
Orlando	38	22	.633	5½
Atlanta	35	23	.603	7½
New York	29	27	.518	12½
Philadelphia	30	29	.508	13
Indiana	26	32	.448	16½
Charlotte	26	33	.441	17
Milwaukee	22	36	.379	20½
Detroit	22	39	.361	22
New Jersey	17	42	.288	26
Toronto	16	44	.267	27½
Washington	15	43	.259	27½
Cleveland	11	48	.186	32

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	48	10	.828	—
Dallas	43	16	.729	5½
d-L.A. Lakers	42	19	.689	7½
d-Oklahoma City	36	22	.621	12
New Orleans	35	26	.574	14½
Portland	33	25	.569	15
Denver	34	26	.567	15
Memphis	33	27	.550	16
Utah	32	28	.533	17
Phoenix	30	27	.526	17½
Houston	30	31	.492	19½
Golden State	26	32	.448	22
L.A. Clippers	21	39	.350	28
Sacramento	14	43	.246	33½
Minnesota	14	46	.233	35

d — division leader.
Yesterday's results
Phoenix 110 Indiana 108 (OT)
L.A. Lakers 90 Oklahoma City 87
Minnesota 126 Golden State 123
Philadelphia 95 Cleveland 91
Orlando 100 Charlotte 86
Dallas 114 Toronto 96
Houston 91 New Orleans 89
Memphis at San Antonio
New York at Miami
Atlanta at Portland
Saturday's results
Detroit 120 Utah 116
Memphis 120 Sacramento 92
Dallas 105 Washington 99
Houston 123 New Jersey 108
Chicago 83 Milwaukee 75
Boston 99 L.A. Clippers 92
Tonight's games
Phoenix at New Jersey, 7 p.m.
Chicago at Washington, 7 p.m.
Atlanta at Denver, 9 p.m.
Boston at Utah, 9 p.m.
L.A. Clippers at Sacramento, 10 p.m.
Tomorrow's games
Golden State at Indiana, 7 p.m.
New York at Orlando, 7 p.m.
Dallas at Philadelphia, 7 p.m.
New Orleans at Toronto, 7 p.m.
San Antonio at Memphis, 8 p.m.
Detroit at Milwaukee, 8 p.m.
L.A. Lakers at Minnesota, 8 p.m.
Houston at Portland, 10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	10	8	2	.800	117	91	—
Boston	9	6	3	.667	99	81	1½
Buffalo	7	4	3	.571	78	67	2½
Rochester	9	5	4	.556	85	96	2½
Philadelphia	9	4	5	.444	82	97	3½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	9	2	7	.222	93	110	3½
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT
Yesterday's result
All-star Game (At Verona, N.Y)
East 30 West 26
Saturday's results
Toronto 16 Philadelphia 13
Rochester 13 Edmonton 9

GOLF

PGA MAYAKOBA GOLF CLASSIC

At Playa Del Carmen, Mexico
Par 71
Final Round
(x-won on first playoff hole)

x-Johnson Wagner, $666,000	69-66-65-67—267
Spencer Levin, $399,600	68-67-67-65—267
John Cook, $251,600	70-68-66-66—270
Chris Stroud, $177,600	68-63-70-70—271
Rory Sabbatini, $121,175	69-69-68-66—272
David Toms, $121,175	66-70-69-67—272
Brian Gay, $121,175	69-68-67-68—272
Briny Baird, $121,175	67-70-66-69—272
Jarrod Lyle, $121,175	69-66-67-70—272
Bobby Gates, $121,175	70-68-64-70—272
Kent Jones, $92,500	67-68-69-69—273
Cameron Beckman, $85,100	67-70-66-71—274
Brett Wetterich, $65,367	69-68-69-69—275
Tom Lehman, $65,367	70-70-66-69—275
Kyle Stanley, $65,367	66-71-69-69—275
Billy Horschel, $65,367	70-65-70-70—275
Charles Howell III, $65,367	68-69-67-71—275
Jeff Quinney, $65,367	71-67-65-72—275
Fredrik Jacobson, $37,777	68-67-70-71—276
Jhonattan Vegas, $37,777	74-65-70-67—276
Jason Bohn, $37,777	72-68-65-71—276
Scott McCarron, $37,777	69-68-68-71—276
J.J. Henry, $37,777	69-69-67-71—276
William McGirt, $37,777	68-67-69-72—276
Cameron Percy, $37,777	68-66-70-72—276
Tom Pernice, Jr., $37,777	69-68-67-72—276
Tommy Gainey, $37,777	68-68-68-72—276
Sunghoon Kang, $37,777	67-67-69-73—276
Also	
David Hearn, $17,469	**69-70-69-70—278**

LPGA HSBC CHAMPIONS

At Singapore
Par 72
Final Round

Karrie Webb, $210,000	70-66-70-69—275
Chie Arimura, $132,846	68-66-71-71—276
Yani Tseng, $96,370	70-72-69-67—278
Sun Young Yoo, $74,550	70-68-73-69—280
Morgan Pressel, $60,004	73-69-71-68—281
Na Yeon Choi, $49,094	69-71-71-71—282
I.K. Kim, $41,094	72-73-67-72—284
Catriona Matthew, $36,003	73-73-69-70—285
Stacy Lewis, $30,911	72-72-72-70—286
Cristie Kerr, $30,911	74-67-73-72—286
Song-Hee Kim, $25,528	79-68-70-70—287
Amy Yang, $25,528	73-72-72-70—287
Jiyai Shin, $25,528	71-72-73-71—287
Also	
Alena Sharp, $5,019	**80-76-74-70—300**

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX — Agreed to terms with C Tyler Flowers, INF Gordon Beckham, INF Eduardo Escobar, INF Brent Lillibridge, INF Brent Morel, OF Alejandro De Aza, OF Stefan Gartrell, P Anthony Carter, P Kyle Cofield, P Freddy Dolsi, P Lucas Harrell, P Gregory Infante, P Nate Jones, P Jeff Marquez, P Jhonny Nunez, P Chris Sale and P Sergio Santos.
SEATTLE MARINERS — Announced the retirement of OF Jody Gerut.

FOOTBALL

NFL

MIAMI DOLPHINS — Signed NT Paul Soliai to a franchise-tag contract.

HOCKEY

NHL

BOSTON BRUINS — Agreed to terms with D Shane Hnidy on a one-year contract. Signed RW Kirk MacDonald.
CHICAGO BLACKHAWKS — Agreed to terms with D Brent Seabrook on a five-year contract extension.
OTTAWA SENATORS — Re-assigned F Colin Greening, F Corey Locke and F Roman Wick to Binghamton (AHL).

AHL

BINGHAMTON SENATORS — Returned G Alex Petizian to Elmira (ECHL).
HAMILTON BULLDOGS — Recalled G Peter Delmas from Wheeling (ECHL).
MANITOBA MOOSE — Recalled G David Shantz from Victoria (ECHL). Released G Mike Mole.

SOCCER

ENGLAND

CARLING CUP FINAL

Yesterday's result
Arsenal 1 Birmingham 2

PREMIER LEAGUE

Yesterday's results
West Ham 3 Liverpool 1
Manchester City 1 Fulham 1

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Valencia 2
Hercules 0 Getafe 0
Levante 2 Osasuna 1
Racing Santander 2 Villarreal 2

ITALY

SERIE A

Yesterday's results
Bari 1 Fiorentina 1
Brescia 2 Lecce 2
Cagliari 1 Lazio 0
Catania 2 Genoa 1
Cesena 1 Chievo Verona 0
Palermo 0 Udinese 7
Roma 2 Parma 2
Sampdoria 0 Inter Milan 2

GERMANY

BUNDESLIGA

Yesterday's results
Eintracht Frankfurt 0 Stuttgart 2
Werder Bremen 2 Bayer Leverkusen 2

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	Pt
Australia	2	2	0	0	4
Pakistan	2	2	0	0	4
New Zealand	2	1	0	1	2
Sri Lanka	2	1	0	1	2
Canada	**1**	**0**	**0**	**1**	**0**
Zimbabwe	1	0	0	1	0
Kenya	2	0	0	2	0

GROUP B

	MP	W	T	L	Pt
England	2	1	1	0	3
India	2	1	1	0	3
South Africa	1	1	0	0	2
Bangladesh	2	1	0	1	2
Ireland	1	0	0	1	0
Netherlands	1	0	0	1	0
West Indies	1	0	0	1	0

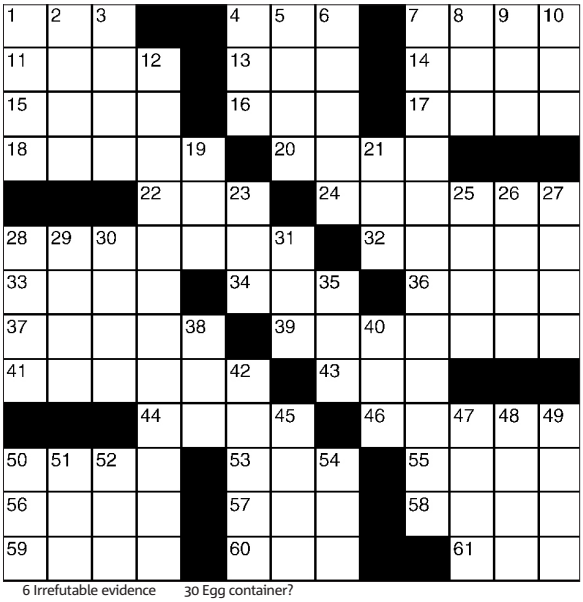
Yesterday's result
At Bangalore, India
India (338, all out) tied with England (338-8)
Saturday's result
At Colombo, Sri Lanka
Pakistan (277-7) def. Sri Lanka (266-9), by 11 runs.
Today's matches
At New Delhi
West Indies vs. Netherlands
At Nagpur, India
Zimbabwe vs. **Canada**

CURLING

SCOTTIES TOURNAMENT OF HEARTS

At Charlottetown
PLAYOFFS
Yesterday's results
Bronze Medal
Nova Scotia (Smith-Dacey) 9 Ontario (Homan) 7
Championship
Saskatchewan (Holland) 8 Canada (J.Jones) 7
Saturday's results
Page Playoffs
Three-Four
Ontario (Homan) 13 Nova Scotia (Smith-Dacey) 5
Semifinal
Saskatchewan (Holland) 7 Ontario (Homan) 5

Crossword



Across

1 Diner sandwich, for short
4 Matterhorn, for one
7 Too
11 Atmosphere
13 That woman
14 Lowly worker
15 Applaud
16 Past
17 End of a magnet
18 Pair on a Bactrian's back
20 Rise high
22 Fall behind
24 Broccoli cluster
28 Custodian
32 Over
33 Oil cartel
34 Director Luhrmann
36 State with certainty
37 Op-ed piece
39 Occidental
41 Missive
43 "How — love thee?"
44 Wife of Osiris
46 Tyrolean melody
50 Office reminder
53 Toothpaste type
55 — contendere
56 Persia, now
57 Have bills
58 Slugger Sammy
59 — and crafts
60 Genetic matter (Abbr.)
61 Fellows

Down

1 Composer J.S.
2 Humdinger
3 Streetcar
4 "Eureka!"
5 Lower limbs
6 Irrefutable evidence
7 Acts of praise
8 Virgo neighbor
9 Scale note
10 Inseparable
12 Computer programs
19 Perched
21 — carte
23 Sailor
25 Wander
26 Always
27 Gull's cousin
28 "Piano Man" singer Billy
29 Church section
30 Egg container?
31 Uncooked
35 Last letter in London
38 Affirmative
40 Sauce source
42 Severity
45 Stitched
47 Ill fate
48 Otherwise
49 Give temporarily
50 Actress Farrow
51 Blunder
52 Wrestling surface
54 Meadow

▶ Yesterday's answer

Sudoku

7	8						5	3
		6	7		5	2		
9								4
		8	6		2	4		
5								6
		3	4		7	1		
4								8
		1	9		6	3		
2	3						6	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	1	4	7	8	3	2	5
7	8	4	5	2	3	1	9	6
5	3	2	1	9	6	8	7	4
8	5	6	2	1	7	9	4	3
9	4	7	3	8	5	6	1	2
1	2	3	6	4	9	5	8	7
3	7	9	8	6	2	4	5	1
4	6	8	7	5	1	2	3	9
2	1	5	9	3	4	7	6	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi handsome, Mika wanted to thank you for putting food in her dish and petting her belly. Annabelle, well... she was preoccupied with cleaning her little white paws but I'm sure she thanks you too ;) You make us smile :) **J'TAIME, TANYA XOX**

To Julianne from Jesse
You make me feel like I'm the luckiest man in the world. You are literally the most beautiful thing I've ever laid eyes on and I love you more than you know.

It is you who make my life complete, it is you who make me feel special. Without you, my life would have been in shambles, thank you for being "the best" part of my life. Since the day I have met you, I found my whole world in you. Happy 8 Months Wedding Anniversary!! Love you to bits <3 Your ever-loving wife, **ANUM**

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Tuesday -2°/-9° Mainly sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your confidence may be at a low ebb as the new week begins but it's only a passing phase, so don't feel too bad.

♉ Taurus April 21-May 21 You don't have to go along with what other people suggest. You have a mind of your own and you would be wise to use it today.

♊ Gemini May 22-June 21 You may be tempted to hit the town and have a good time but there are more important things you should be doing. The Sun in Pisces can make or break your reputation, so do you party hard or do you work hard?

♋ Cancer June 22-July 22 Someone will make you the kind of offer you find hard to refuse but if you are smart you will say "no". If it sounds too good to be true it's most likely a trick to part you from something you value.

♌ Leo July 23-Aug.23 Do not get involved in a quarrel that has nothing to do with you. Not only will you be unable to resolve it but the warring parties may unite and start picking on you.

♍ Virgo Aug. 24- Sept. 22 It's not like you to seek approval – usually you couldn't care less what other people think – but for some strange reason you crave the support of partners and colleagues. Just be careful you don't pay too much for it.

♎ Libra Sept. 23-Oct. 23 You are beginning to realize that you have bitten off more than you can chew. How you got into this situation is not important – what matters is how you are going to get out of it.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may be high at the moment but that won't protect you from people who are hoping to get rich at your expense.

♐ Sagittarius Nov. 23-Dec. 21 The Sun in the sensitive sign of Pisces is making it hard for you to hide your anxieties, but why would you want to? You don't have to face each and every situation alone.

♑ Capricorn Dec. 22-Jan. 20 Don't be taken in by a sob story or tale of woe. You should know by now that nine times out of ten they turn out to be false.

♒ Aquarius Jan. 21-Feb. 18 There is so much going on in the world but you must not let it distract you from your number one aim: making money.

♓ Pisces Feb. 19-March 20 You are right to be angry with someone who has let you down but don't let it eat at you emotionally. The Sun in your sign makes all things possible, so forget what they've done and focus on what you're going to do next.

SALLY BROMPTON

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Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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- km: 111184

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- st: 31723
- km: 55739

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- Load, A/C
- st: 31543
- km: 64104

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- st: 29315
- km: 100986

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- st: 29540
- km: 20572

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- st: 31134-A
- km: 64651

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- km: 43721

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- km: 58297

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- km: 75264

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- st: 31662
- km: 78401

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- km: 55680

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07 Montana SV6
- Load, A/C
- st: 31570
- km: 60703

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10 Journey
- Load, A/C
- st: 29473
- km: 20291

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07 Santa Fe GL
- Load, A/C, Auto
- st: 31312
- km: 92609

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